

THE HIGHER SELF AND THE LOWER SELF

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This article will bring together all the topics I have discussed thus far, and will help uncover the answer to the pressing question; "Who am I?"

The "self" has two dimensions; the lower self, and the Higher Self. The lower self is the ego self that allows us to be in the physical body in a physical world. The Higher Self is who we truly are when we strip away all the boxes, barriers and illusions that hold us back. The Higher Self extends to higher planes of consciousness, ie. not bound by the physical and material.

The qualities of the Higher Self are as follows:

It exists in a non-dual state and understands there is no real separation between the self and others. We are all consciousness; an expression of the whole that is experiencing itself in this construct that we call life on this planet. Non-duality also describes a person's consciousness when they have unified the three [aspects of human consciousness](#) and are free of internal conflict.

The Higher Self exists in a state of [dominion, true self love, and sovereignty](#). It has control over it's thoughts, emotions, and actions. It brings together the

qualities of mind, spirit, and body and connects holistic intelligence with true care and willpower.

The Higher Self understands what true freedom is and knows that refusing to live in harmony with [natural law principles](#) will lead to the loss of freedom, which is inevitably followed by suffering. The Higher Self works toward the goal of freedom on all levels; Body, Mind and, Spirit.

The Higher Self can promote change in others in accordance with the Will of the Higher Mind. (*The underlying intelligence that is attempting to move us along to higher levels of expression; evolution in consciousness.*) This is what true alchemy is; the ability to effect change in others in an attempt to transmute their consciousness to higher levels. The Higher Self knows that we are connected and, as one suffers, we all suffer. Therefor it understands the moral obligation to help others achieve the same level of awareness. The Higher Self does not strive to only alleviate suffering for the individual, but is truly concerned for alleviation of suffering for all.

The Higher Self is not bound to certain [ways of seeing the world](#). It understands that reality is a combination of both deterministic and random components. Through our free will, we manifest either pleasant or unpleasant experiences to the degree we align or misalign with natural law principles.

The Higher Self employs all of the brain's faculties, with both [left and right hemispheres](#) operating in unison. It is not trapped in the prison of the left brain and has a strong connection with the spiritual, intuitive and nurturing qualities of the right brain.

The Higher Self does not exist in [ego-identification](#). It knows the physical world is simply expressions and experiences needed to grow and learn, but it does not adopt them as an identity.

The Higher Self will seek to break down [institutionalised belief systems](#), recognising these institutions to have a stronghold over the minds of most people. These institutions exist because people live in fear. Their true goal is to

keep people in this fearful state so they will continue to hand over control and responsibility, thereby handing over their freedom.

The qualities of the lower self are as follows:

The lower self gets trapped in identification with the ego, and the roles that it plays. It does not understand the concept of consciousness and is only concerned with the physical self. People in this state accept the illusion and believe the lie about who they are. They have no concept of the true self within.

The lower self believes that it is separate from everyone else. Those ruled by the lower self are only concerned with themselves, that which they see as theirs, and that which benefits them.

The lower self exists in a state of confusion and internal conflict, because it does not have internal governance. People in this state can be made to do things that oftentimes go against what they say their morals are. Usually, all that is required is enough money thrown their way.

The lower self lives in a state of ignorance. Ignorant people have no idea what is taking place in the world around them, or within them. They cannot recognise the patterns and trends, either within themselves or in the world.

The lower self cannot envision true freedom, because it does not know what it is. Its imagination has been stifled and the only things it is interested in is more material possessions, more money, more control and more for themselves. It's only solution to anything is money.

The lower self will attempt to influence others for self-serving reasons.

The lower self is trapped in the left brain prison and willingly accepts institutionalised belief systems without question. It has no interest in breaking down these structures because it has no interest in taking responsibility. Instead it gladly sacrifices freedom for convenience and comfort.

In closing; I am hesitant to give an answer to the question "Who am I?" I believe this is a question that only those on the journey can answer for themselves. Hopefully the explanation above offers some guidance. For me, thus far, I have been able to answer it as follows:

Matter is a potential; through consciousness it manifests. We are a potential; through consciousness we manifest. I am a potential; through consciousness I manifest.

(In accordance with the law of correspondence - As above, so below; as below, so above.)

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